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# *The Blue Horizon*

## **E Kokua Pakahi Kakou**

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**November 2001**

**ISC Honolulu Work-Life Newsletter**

**Volume 9 Issue 11**

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To All Coast Guard Family Members,

I am pleased to join the Armed Services YMCA in celebrating Military Family Week during this Thanksgiving holiday season. This celebration provides a great opportunity for us to formally recognize our families for their many sacrifices and contributions to our nation.

You make it possible for our Coast Guard men and women to be "Always Ready" to respond to our nation's call, whether in times of peace, or in an armed conflict, because you have the great ability to overcome and successfully meet the many challenges encountered with military family life. When our Coast Guard members are "standing the watch" and doing their jobs, you are there to answer the call at home. Thank you for your vital role as part of our Coast Guard team!

I recognize the sacrifices you make each day and the value of your contributions. Your selfless dedication and commitment are an inspiration for all Americans. Thank you for your continuous support to the Coast Guard and our country!

Semper Paratus,

VINCENT W. PATTON III  
Master Chief Petty Officer of the Coast Guard

*A member of Your Work Life Staff will be available at the Work-Life Satellite office (KKH Community Center) Monday thru Friday from 1300-1500. Each staff member has an area of expertise, and all will warmly listen to concerns, and make appropriate referrals in the community. Our schedule is as follows:*

<i>Monday:</i>	<i>Mary Mansfield, Family Resources</i>
<i>Tuesday:</i>	<i>Jessica Dung, Health Promotions</i>
<i>Wednesday:</i>	<i>Owen Norton, Family Advocacy</i>
<i>Thursday:</i>	<i>Jeri Couthen, Employee Assistance</i>



Mission Statement: **Work-Life Programs enhance mission readiness through personal and command information, referral, and intervention for Team Coast Guard.**

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## **WE'RE ON-LINE!**

The Blue Horizon, and other  
Work-Life information, is  
available at :

**[www.ischon.net/c/cw](http://www.ischon.net/c/cw)**

## Other Family Services

### GUAM

Andersen Air Force Base (671) 366-8136  
Naval Station Guam (671) 343-2981  
Guam Red Cross (671) 344-9260  
After-hours (672) 344-9260

### OAHU

Hickam Air Force Base 449-2494  
COMNAVREG Pearl Harbor 473-4222/2220  
AMR 833-6831  
Schofield Barracks 659-1900  
MCBH Kaneohe 257-7787  
Red Cross (808) 471-3155

### Contracted Services

Employee Assistance Program  
1-800-222-0364  
GUAM and after-hours emergencies  
1-800-222-0364  
Military On the Move (MOM)  
Relocation Information Packages  
(800) 332-2053

Reach Coast Guard Work-Life staffs at 1-800-872-4957 followed by these extensions:

ISC Alameda	(252)
ISC Boston	(301)
ISC Baltimore	(225)
ISC Cape May	(629)
ISC Washington	(932)
ISC St. Louis	(302)
ISC Miami	(307)
ISC New Orleans	(308)
ISC Cleveland	(309)
ISC San Pedro	(311)
ISC Seattle	(313)
ISC Honolulu	(314)
ISC Ketchikan	(317)
ISC Kodiak	(563)
ISC Portsmouth	(305)



The Blue Horizon is an authorized, unofficial U. S. Coast Guard publication. The views and opinions expressed in the Blue Horizon are those of the authors and not necessarily those of the Department of Transportation or the U. S. Coast Guard. Material is for information only and not authority for action.

The Blue Horizon is written and/or compiled by the Work-Life Staff, located at Integrated Support Command Honolulu, Sand Island.

*Comments and suggestions for future issues are highly encouraged! **Deadline is the 15th day of the preceding month.** Send Inquiries, submissions, and/or requests for copies to:*

**Commanding Officer (cw)  
USCG Integrated Support Command  
400 Sand Island Parkway  
Honolulu, HI 96819-4398**

**You can also send e-mail to: [FGaran@d14.uscg.mil](mailto:FGaran@d14.uscg.mil)**

# An Attitude of Gratitude

By  
Ms. Jeri Couthen

*The Employee Assistance Program Coordinator (EAPC) provides preventive education in lifeskills areas, crisis management, and resource referrals. The EAPC goal is to help Coast Guard members, civilian employees, and family members make independent, informed decisions that improve the quality of life.*

**I**t has been many weeks since the tragic events of September 11. While I don't want to imply that we should be "over it" by now, I do think that November and the Thanksgiving holiday offer us a perfect time to look forward and to realize that most of us have a great deal to be grateful for.

I remember as a child being reminded that I should be grateful for all the good things I had in my life. My Grandma Bea told us to say our prayers and to be thankful for a loving family, plenty of food, a warm bed, brothers and sisters, our good health, and all the other things that I took for granted.

As a youngster I didn't always see the value in my grandmother's wisdom. However, some years later, I was able to place the "attitude of gratitude" into a whole different perspective. As I discovered more of how our minds work, began to see that we have in our lives what we think about, and that we tend to get what we subconsciously expect, it registered that to continue to enjoy good fortune, I needed to feel fortunate.

It is imperative that we are thankful for what we have. The great spiritual teachers, Jesus, Buddha, Mohammed, and others, have taught that we should count our blessings. The wisdom behind this is that our mind is a great magnet and we gravitate toward what we think about most.

I will be the first to admit that the terrorist attacks in New York, Washington DC, and Pennsylvania caused me to focus on the horror of the events. But even from that absolute evil there is some goodness. I can't remember the last time I saw the people of our nation so united. My heart lifts a little each time I see someone wearing a red,

white, and blue ribbon or see our flag displayed proudly on homes and vehicles.

But the goodness goes beyond renewed patriotism. People are more kind to one another and many of us have a deeper sense of what is important. My grandmother's lessons of "count your blessings" are more important now than ever. I doubt we will ever "get over" the events of this past September, nor do I think we should. We will forever grieve the tremendous loss we as a nation experienced. We lost thousands of lives...we lost our innocence.

We should understand we do not have to live in fear, frustration, and anger. Certainly we have, and will continue to have, feelings of fear, frustration, and anger – but those needn't be our only feelings. Since we tend to gravitate toward what we think about most, perhaps we should *choose* to remember September 11 as the day that united our nation – ordinary people became heroes; they gave blood, many gave money, and many more gave their time to assist others in need.

As this Thanksgiving approaches I think we need to remember life goes on. We can honor those lost, continue to fight for what we know is right, and still feel joy, happiness, and yes, gratitude.

There is a line from a song that I really like:

***"To want what we have***

***To take what we've been given with grace***

***For these things I pray"***

Great advice, I couldn't have said it better! As I see it, an attitude of gratitude ensures that our attention is on what is really important. Now more than ever, we should count our blessings.

# PSAP- Primary School Adjustment Project

By  
Ms. Mary Mansfield

*The Family Resource Specialist (FRS), provides direct and referral services in the areas of childcare, elder care, scholarships for dependents, special needs, and adoption reimbursement.*

**What is PSAP?** It's a program that could benefit your elementary school-aged child! With the terrorist event on Sept. 11, many of our children may be experiencing fearfulness, anxiety, or other social difficulties.

At Red Hill Elementary School, PSAP--Primary School Adjustment Project--has been in progress since the opening of school in August. For Primary grades Kindergarten to Three (K-3), the main goal is to provide encouragement and support services to young children who are having difficulty adjusting to school. The prevention of mental health problems in children through early identification, the immediate support of a warm and caring adult, the involvement of key school personnel in a team approach, a school selected mental health consultant, plus the involvement of parents--all of these set the stage for your child to succeed in the early grades.

A full-time child aide and a half time home-school liaison, supervised by the principal and the school counselor, staff each school. A child psychologist or psychiatrist is contracted to provide consultative services and meets regularly with the entire school team (the teacher, principal, counselor, child aide, school social worker, and home-school liaison) to review the student's needs and coordinate follow-up. Project funds provide for substitutes while teachers participate in team conferences or in-service training activities.

## IDENTIFICATION PROCESS

Faculty and parent orientation sessions provide key players with detailed project goals and services. Teachers initiate a referral in

consultation with the principal and counselor. The child's problem may include anger management, distractibility, low self-esteem, peer difficulties, fearfulness, anxiety or other social difficulties. The school notifies parents that their child is being considered for the program, informs them about the project and requests written consent for participation. Parents share information about the child's background through a home interview or school meeting. The child aide meets with the child or makes classroom observations to gather information regarding the child's perspective. An intake conference is scheduled, parents are invited to attend, and the school teams share the information about the child, identify specific behaviors to be addressed, and suggest appropriate intervention strategies.

Typically, children meet with the child aide, individually or in groups of 3-4 students, once or twice a week in a project room equipped to allow for art, free play, directed activities or discussion. The aides form a close relationship with each child and use a variety of play and guidance materials to help the child talk about his feelings, learn problem solving, and practice social skills.

At intervals during the school year, team meetings are held to discuss the progress of each participant and whether additional follow-up or a change in the program may be indicated. When a child has met his prescribed goals and has adjusted well to school, the child is recommended for exit from the program.



Beth Terry

The following article, written by Beth Terry and published in the Honolulu Star Bulletin, is reprinted in the Blue Horizon with special permission by the author. Ms Terry is a friend and supporter of the Coast Guard. When LCDR

Wrzesniewski asked her permission to reprint the article, she e-mailed the following response:

“Hi Walt - I would love to support the Coast Guard again. It has been about a year since I gave a seminar at your Sand Island Location. I'm glad you are finding ways to address the stress aspect. This is a tough time for everyone, and we need to keep the protectors sane.

Let me know if I can assist in any way. Almost all the programs I have presented in the last month have been on Stress and Change. The uncertainty is driving people nuts. You folks are doing a great job and we all appreciate your dedication. Not enough people know how much the Coast Guard and Customs teams protect us.”

### **Regain Balance In Your Life To Reduce Stress**

YOU are stressed. It isn't often I say that with certainty to my audience. In the past week, most of us were too numb to do anything but watch TV and shake our heads. Those with East Coast ties were on phones and e-mail searching for answers and hoping for a friendly, live voice.

So, now what? We cannot stay healthy at this level of stress. Being out of balance causes problems in every area of our lives and, as the president says, “It's time to get

back to work.” The sooner we focus on bringing balance back into the workplace and our home life, the better off we will be.

It is helpful to understand what upsets you. Give a name to your fears: financial uncertainty, safety concerns, travel concerns, your own mortality, loss of loved ones, fear of the future. These all tap dance at the back of our minds. Which are foremost for you?

Once you know what upsets you, determine which things you can control and focus your energy there.

Here are a few coping strategies:

- ◆ Connect: Renew friendships, go to association meetings, contact loved ones at a distance.

- ◆ Talk it out: An effective way to find solutions is hearing yourself describe your frustrations and fears.

- ◆ Work it out: Frustration and anxiety can build if you don't find some way to let it blow off. So get exercise. Take an aerobics class. Walk.

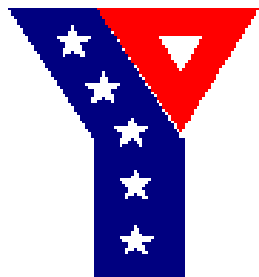
- ◆ Turn off the news for a while: You didn't watch it 24 hours a day before. Go back to your regular schedule. You won't miss much, they have been repeating the same footage and interviews for days.

- ◆ Meditate and pray: Allow silent time to digest all that has happened. Get centered and focus on positive outcomes.

- ◆ Get creative: Creation is an antidote to destruction. Work in the garden; plant flowers in memory of those who have gone. Bake bread. Make a quilt or a collage commemorating the event. Write a prayer or a poem.

Our lives have changed forever. How you react to this is your choice. Choose life.





**Armed Services YMCA/AMR**  
**November 2001 Calendar of Events**  
**1875 Aliamanu Drive, Honolulu, HI 96818**  
**Phone # 833-1185, Fax # 834-3631**  
**E-Mail: ASYMCAAMR@aol.com**  
**Open Mon-Thurs, 8:00am – 1:30pm**

**PLAYMORNING**

A mobile playgroup **free of charge** in community centers and parks. A great opportunity to share ideas, learn through play, make friends and have fun!

**THEME FOR NOVEMBER: FAMILY**

**LOCATIONS & TIMES FOR AMR :**

- ASYMCA Pavilion M, W, Fr 9:00-10:30
- Red Hill CC Monday 10:30-12:00
- Ft. Shafter S-plgrnd Tuesday 9:30-11:00

**LOCATIONS & TIMES FOR PEARLHARBOR:**

- Pearl City Penn CC Monday 9:00-10:30  
Thursday 10:30-12:00
- Moanaloa CC Tuesday 9:00-10:30
- McGrew CC Wednesday 10:30-12:00
- Manana CC Wednesday 9:00-10:30
- Catlin/Halsey CC Thursday 9:30-11:00
- Hale Moku CC Friday 9:30-11:00

\*\*\*NOTE "CC" stands for Community Center

\*\* AMR Playmorning is now held in our classroom.

**KINDERMUSIK**

An early childhood music and movement program based on the belief that every child is musical. It will be available every Thursday. If interested, call Judy Wood at 624-2099. Classes and prices range by age, ages available are Newborn to 7 years.

**LAMAZE**

This class provides great information & instruction on everything you need to know about childbirth. The class meets every Thursday for 6 weeks from 7-9pm. The next class begins November 29 – January 3, 2002. E-5 and below are \$50, E-6 and above \$60. Pre-registration and pre-payment required no later than November 27.

**T.O.P.S.**

Lose weight, have fun, find friends, join us to Take Pounds Off Sensibly. We meet at the ASYMCA/AMR every Wed from 5:30-7:00pm. Call Delcie Akua @ 623-1403 or Jayne Desamito @ 845-8195 for more information.

**INFANT/CHILD CAR SEATS**

Have family visiting from out of town? Just got into town yourself? Loaner infant/toddler car seats are now available for those who need them. No charge, just an ID card required.

**WELCOME BABY**

This program provides home visitors who call on the families to-be to offer support and answer questions new mothers and fathers have about their new baby. This program is in conjunction with the Joint New Parent Support Program at Tripler AMC and the ASYMA.

**NOW OPEN!!!!!!**

**CHILDREN'S WAITING ROOM**

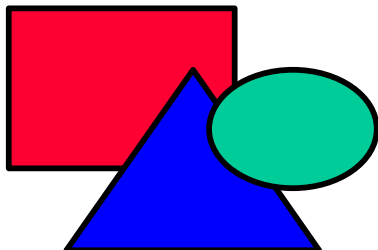
The Children's Waiting Room is a place where you can drop off your child(ren) if you have a doctor's appointment. The Armed Services YMCA is in NEED of volunteers to keep this program running at Tripler Army Medical Center. If interested in volunteering, or placing an appointment, please call us at 833-1185. The hours of the waiting room are **Monday, Tuesday, and Thursday from 8:00-12:00**

**EXCURSION!!!**

The Armed Services YMCA will be planning a field trip to the Hawaii Theater **on Nov. 2, 2001** to see **BEAR IN THE BIG BLUE HOUSE LIVE**. A bus will be provided that will leave AMR YMCA at 9:15am. The cost for the bus is \$3 per individual, regardless of age. The cost for the show is \$2.00 per person, children under 1 are free but must sit in the adults lap. Pre-payment and pre-registration required by **October 19, 2001**. No exceptions. For further information call 833-1185.

**IMPORTANT DATES TO REMEMBER:**

1. November 2 – Excursion
2. November 11 – Veteran's Day
3. November 22 – Thanksgiving Day
4. November 23 – Closed - Holiday



## Pearl Harbor, Serving the Hawaii Region

820 Willamette Street, Bldg. 193, Pearl Harbor, HI, 96860-5108  
Phone: (808) 473-4222

### NCTAMS PAC Satellite Office

500 Center Street, Bldg. 392, Wahiawa, HI, 96786-3050  
Phone: (808) 653-0203

[www.pearlharbor.navy.mil/ffsc](http://www.pearlharbor.navy.mil/ffsc)

# NOVEMBER 2001 CLASS SCHEDULE

**NO CHARGE FOR CLASSES.** Open to all active duty, reserve, and retired personnel, family members, and DOD employees.  
To register for FFSC classes, call (808) 473-4222 and press 1, or [Register Online](#)

All classes are located at the Fleet & Family Support Center, Bldg. 193,  
Pearl Harbor, unless otherwise indicated.

EMPLOYMENT ASSISTANCE CLASSES	DATE	TIME
<a href="#">DOD JOB SEARCH</a>	NOV 26	1:00 PM - 2:30 PM
<a href="#">FEDERAL EMPLOYMENT</a>	NOV 7	1:00 PM - 3:00 PM
<a href="#">FEDERAL EMPLOYMENT</a>	NOV 27	1:00 PM - 3:00 PM
<a href="#">INTERVIEWING SKILLS</a>	NOV 13	1:00 PM - 3:00 PM
<a href="#">JOB SEARCH VIA THE INTERNET</a>	NOV14	1:00 PM - 2:00 PM
<a href="#">JOB SEARCH VIA THE INTERNET</a>	NOV 27	8:00 AM - 9:00 AM
<a href="#">RESUME WRITING</a>	NOV 20	1:00 PM - 3:00 PM
FINANCIAL CLASSES	DATE	TIME
<a href="#">CAR BUYING STRATEGIES</a>	NOV 8	9:00 AM - 11:00 AM
<a href="#">CAR BUYING STRATEGIES</a>	NOV 9	10:00 AM - 12:00 PM
<a href="#">CHECKING ACCOUNT MANAGEMENT</a>	NOV 20	5:00 PM - 6:30 PM
<a href="#">COMMAND FINANCIAL SPECIALIST TRAINING (CFST) (I-V)</a>	NOV 1-2	7:30 AM - 4:00 PM
<a href="#">FINANCIAL AWARENESS FOR SPOUSES</a>	NOV 6	1:00 PM - 2:30 PM
<a href="#">MANAGING MONEY AND CREDIT</a>	NOV 1	2:00 PM - 3:30 PM
<a href="#">MANAGING MONEY AND CREDIT</a>	NOV 20	9:00 AM - 10:30 AM
<a href="#">\$MILLIONS\$ DOLLAR SAILOR (I-II)</a>	NOV 7-8	7:30 AM - 4:00 PM
<a href="#">\$MILLIONS\$ DOLLAR SAILOR (I-II)</a>	NOV 28-29	8:00 AM - 4:00 PM
<a href="#">SAVINGS AND INVESTMENT BASICS</a>	NOV 8	2:00 PM - 4:00 PM

INFORMATION AND REFERRAL CLASSES		DATE	TIME	
<a href="#">SPOUSES ACADEMY</a>		NOV 15	8:30 AM - 2:00 PM	
OMBUDSMAN/VOLUNTEER CLASSES/MEETINGS		DATE	TIME	
<a href="#">COMNAVREG HAWAII OMBUDSMAN ASSEMBLY MEETING</a>		NOV 15	6:00 PM - 8:00 PM	
<a href="#">COMSUBPAC OMBUDSMAN ASSEMBLY MEETING</a>		NOV 20	6:00 PM - 9:00 PM	
<a href="#">OMBUDSMAN QUARTERLY ADVANCED TRAINING</a>		NOV 28	6:00 PM - 8:30 PM	
PARENTING CLASSES		DATE	TIME	
<a href="#">ANGER, TEMPER TANTRUMS AND SIBLING RIVALRY</a>		NOV 27	9:00 AM - 11:00 AM	
<a href="#">APPRECIATING YOUR HIGHLY ACTIVE CHILD (ADD/ADHD)</a>		NOV 19	9:00 AM - 11:00 AM	
<a href="#">I CAN HEAR YOU. LISTEN TO ME (AGES 1-5)</a>		NOV 6	9:00 AM - 11:00 AM	
<a href="#">I HEAR YOU: GOOD COMMUNICATION WITH YOUR SCHOOL AGE CHILD</a>		NOV 8	9:00 AM - 11:00 AM	
<a href="#">LOVING DISCIPLINE OF YOUNG CHILDREN (AGES 1-4)</a>		NOV 1	8:00 AM - 10:30 AM	
<a href="#">NEW PARENT WORKSHOP</a>		NOV 7	10:00 AM - 1:00 PM	
<a href="#">PREPARING YOUR CHILD FOR THE NEW BABY</a>		NOV 13	9:00 AM - 11:00 AM	
<a href="#">TEEN SPEAK! WHAT DID THEY SAY?</a>		NOV 20	10:00 AM - 1:00 PM	
<a href="#">YOU, YOUR FAMILY AND THE MEDIA</a>		NOV 14	5:00 PM - 7:00 PM	
PERSONAL DEVELOPMENT CLASSES		DATE	TIME	*LOCATION
<a href="#">ADULTS MOLESTED AS CHILDREN (ON GOING)</a>		NOV 20, 27	1:00 PM - 3:00 PM	NCTAMS PAC
<a href="#">ANGER MANAGEMENT</a>		NOV 21	5:00 PM - 7:00 PM	
<a href="#">COUPLE COMMUNICATION</a>		NOV 29	5:00 PM - 7:00 PM	
<a href="#">FORGIVENESS IS AN OPTION</a>		NOV 28	8:00 AM - 11:00 AM	
<a href="#">JOB STRESS</a>		NOV 14	5:00 PM - 7:00 PM	
<a href="#">MARS AND VENUS COMMUNICATING</a>		NOV 8	5:00 PM - 7:30 PM	
<a href="#">NEW DIRECTIONS SUPPORT GROUP</a>		NOV 1, 8, 15, 29	3:00 PM - 4:45 PM	
<a href="#">PARTNERS IN HEALING</a>		NOV 1	5:00 PM - 7:00 PM	
<a href="#">SKILLS FOR MANAGING STRESS AND ANGER</a>		NOV 6	8:00 AM - 10:00 AM	
<a href="#">STRESS MANAGEMENT</a>		NOV 7	5:00 PM - 7:00 PM	
<a href="#">UNDERSTANDING PERSONALITY TYPES IN PERSONAL RELATIONSHIPS</a>		NOV 15	5:00 PM - 7:00 PM	
RELOCATION ASSISTANCE CLASSES		DATE	TIME	*LOCATION
<a href="#">ALOHA TOUR</a>		NOV 14	7:45 AM - 3:30 PM	NCTAMS PAC
<a href="#">CHINATOWN WALKING TOUR</a>		NOV 28	9:00 AM - 1:00 PM	
<a href="#">SMART MOVE</a>		NOV 8	8:00 AM - 11:30 AM	
<a href="#">SPONSOR TRAINING</a>		NOV 1	8:00 AM - 10:00 AM	
<a href="#">SPONSOR TRAINING</a>		NOV 7	8:00 AM - 10:00 AM	
RETIRED ACTIVITIES		DATE	TIME	*LOCATION



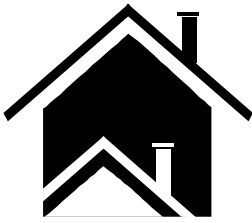
ANNUAL RETIRED PERSONNEL SEMINAR

SAT, NOV 3

8:00 AM - 12:00 PM

NAVAL RESERVE  
CENTER

SEXUAL ASSAULT VICTIM INTERVENTION (SAVI) CLASSES/MEETINGS	DATE	TIME	*LOCATION
SAVI VICTIM ADVOCATE INITIAL TRAINING (I-IV)	NOV 27-30	8:00 AM - 4:00 PM	
SAVI VICTIM ADVOCATE REFRESHER TRAINING	NOV 13	12:45 PM - 2:45 PM	
SAVI VICTIM WITNESS ASSISTANCE COORDINATION COMMITTEE MEETING	NOV 5	1:30 PM - 3:30 PM	
TRANSITION ASSISTANCE CLASSES	DATE	TIME	*LOCATION
<u>CONSEP MID-CAREER PLANNING WORKSHOP (III-IV)</u>	NOV 1-2	8:00 AM - 4:00 PM	
<u>EXECUTIVE TRANSITION ASSISTANCE PROGRAM (ETAP) SEMINAR (I-III)</u>	NOV 6-8	7:30 AM - 4:00 PM	
<u>NETWORKING</u>	NOV 20	8:00 AM - 10:00 AM	
<u>PRE-SEPARATION COUNSELING CHECKLIST (DD FORM 2648)</u>	NOV 2, 9, 16, 23, 30	8:00 AM - 11:00 AM	
<u>SEPARATION/TRANSITION ASSISTANCE PROGRAM (STAP) SEMINAR (I-III)</u>	NOV 13-15 NOV 27-29	7:30 AM - 4:00 PM	



# OAHU HOUSING CORNER NOVEMBER 2001



## DZB/BAKER LLC Maintenance Contractor "Tidbits"



**Holiday Fire Prevention** - Are the stores starting to break out their Holiday decorations earlier and earlier? We would like to take this opportunity to help remind everyone of the potential for fire hazards when decorating for the upcoming holiday season. Check all light stringers and electric ornaments closely. Small imperfections and breaks might not be noticed in the casual inspection. Look for worn and frayed areas along the entire length of the cord. Be mindful when plugging in your holiday lights to electrical outlets. Circuits may already be overloaded with other home appliances or entertainment units. Use of approved extension cords and UL approved electrical lights should only be used. Please enjoy your holidays the way they were intended – Joyously and Safely. Happy Holidays to Everyone!



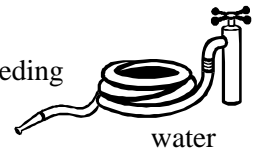
### FOURTH ANNUAL HOLIDAY LIGHTING CONTEST



Plan now to decorate the outside of your house, including the yard, with holiday decorations and/or lights. Judging will take place on 17 Dec 01. The judges will select one set of officer quarters and one set of enlisted quarters as winners from Phase I and Phase II. Please remember SAFETY FIRST and only use UL approved electrical lights and decorations. Please turn off all lights nightly by 2200. Please attach your decorations carefully so as to not damage your quarters. Please do not staple or nail into the roofs. If you have any questions, please call the Housing Office at 831-2766.

### Pest Control – Reduce Mosquito Breeding Areas

- Inspect your homes for standing water to reduce potential mosquito breeding areas: tires, planters, buckets, pots, clogged rain gutters, pans under flower pots, pet water dishes—anything that can collect water. If cannot be eliminated, mix 4 oz. of liquid detergent to 1 gal. of water and spray on the surface of standing water. Do not over water and cause your yards, sidewalks, and roadsides to become ponds of standing water.
- Check screens/frames to make sure they are all intact to ensure no insects enter the residence.
- For more info, check website, <http://www.cleanwaterhonolulu.com>.



### REMINDERS on water conversation:

Water after 1800 hours or before 0900 hours.

Use water-sprinkling devices.

Water no more than three (3) to four (4) times a week

Water no longer than twenty minutes in one area.

### Pet Owners



Please be advised that all **pets are to be confined, unless controlled by a leash**, to the unit and/or yard assigned and **shall not** be permitted to run at large. When walking your dog, all pet owners will pick up and dispose of all pet droppings.

Also be advised that regulations **require that owners of dogs that bark incessantly must attend to their pet**, or the animal will be removed from housing.

# Chaplain's Corner

By  
LT Daniel E. McKay, CHC, USNR

No doubt, some of us are finding it hard to observe Thanksgiving this year. And, of course, this is understandable, given the degree of tragedy suffered September 11<sup>th</sup> and the air of uncertainty existing in the aftermath. Indeed, we probably feel guilty even thinking about celebrating while so many others are experiencing such heartache and pain. But, I submit to you, this is precisely why we must give thanks—not because of all we've experienced and are still experiencing, but in spite of it!

Consider the Old Testament figure Job, for example. Few, I dare say, have suffered more than him: he lost all his family (except his wife who bade him, "Curse God and die"), farm hands, livestock, wealth, and possessions. Adding insult to injury, he also experienced the writhing anguish of open sores all over his body, from head to foot. In fact, we're told the only relief for his pain was fiery ash and soot. Moreover, the only friends left were those accusing him of being the cause for all his troubles. Given these misfortunes, therefore, could any of us blame Job for griping and complaining? But, guess what? Job didn't. Instead, in Job 13:15 he declares, "Though God slay me, yet will I trust Him!" The remainder of the book, for the most part, is Job's defense of his resolute faith in God and his choosing to count his blessings rather than his losses and hardships. And the result? "The Lord blessed the latter days of Job more than his beginnings" (Job 42:12a).

This, I believe, is a truth worth taking to heart: God blesses those who remain faithful to Him and makes a practice of counting their blessings rather than their difficulties or problems. Like Job, then, we have a choice between feeling sorry for ourselves or thanking God for giving us another day and opportunity to serve Him by making a difference in our home, work place, community, and world. We can shrink back in

fear or go forward in faith; we can be dejected or determined; we can be negative or positive; the choice is ours. As for me, like Job, I choose to give thanks in spite of the trying circumstances in our nation and world. I choose to exercise the attitude of gratitude. How about you? **HAPPY THANKSGIVING!**

## Religious Faith and USCG History Calendar:

01 Nov 2001	All Saints Day (Christian) Lailat ul Bara'h (Islam)
01 Nov 1941	USCG ordered to operate under the Navy
01 Nov 1943	Landings made on the Solomon Islands
02 Nov 2001	All Souls Day (Catholic Christian)
04 Nov 1984	USCGC NORTHWIND becomes first icebreaker to make a narcotics seizure
06 Nov 2001	Election Day
08 Nov 1942	Landings made in Vinchy-French held North Africa
11 Nov 1918	World War I ends
11 Nov 2001	Veterans Day
14 Nov 1991	First search and rescue operation by a HH-60J Jayhawk helicopter takes place off the coast of Alabama
15 Nov 1860	Minot Ledge Lighthouse construction ends: "Chief of the great sea-rock lighthouses."
16 Nov 1950	Dedication of Arlington National Cemetery Monument to USS SERPENS' crewmembers (Largest single loss of USCG during WW II, 29 Jan 1945, Lunga Beach, Guadalcanal)
16 Nov 1992	CGC STORIS becomes longest serving cutter in the Bearing Sea, eclipsing USRC BEAR's record of 44 years, 2 months
17 Nov 1973	USCGC POLAR STAR is launched
17 Nov 2001	Ramadan Begins (Islam: ends 16 Dec 2001)
19 Nov 1984	HH-65A Dolphin helicopter begins service
20 Nov 1943	Landings at Makin & Tarawa, Gilbert Islands
21 Nov 1970	USCGCs SHERMAN & RUSH with USS ENTERPRISE sink N. Vietnamese trawler trying to smuggle arms into S. Vietnam
22 Nov 2001	Thanksgiving
25 Nov 2001	Christ the King (Christian)
28 Nov 1889	Gold Lifesaving Medal awarded to the crew of the Evanston, Illinois Life-Saving Station: saved the crew of the steamer CALUMET
29 Nov 1877	First annual report of the U. S. Lifesaving Service submitted in published form to the Secretary of the Treasury
30 Nov 2001	St. Andrew's Day (Christian)

In God's love,  
Chaplain McKay

# Friendship

By  
Owen M. Norton, MSW, LSW

*The Family Program Administrator (FPA) is a certified social worker who provides guidance, support, resources, referrals, and information to individuals and families who find themselves in a personal or professional crisis, who have a special need that must be addressed, or who have the desire to learn how to resolve couple and family problems without being abusive in their relationships.*

There are a number of unwritten rules that provide desirable guidelines, qualities, characteristics, and behaviors in a friend.

When asked, “What do you think the most important rule of friendship is?” the most frequently received answer is, that **a friend will keep what you say confidential and private.** Isn’t it wonderful to have someone you can trust and share intimate information with, and know that it is going to be respected as information between you? Think of a friend who has revealed something (you thought was private and confidential) to another. How soon are they no longer a friend? How much time will pass before you’re willing to trust them again?

## **The Unwritten Rules of Friendship**

- ❖ **Friends don’t keep score.** In a reciprocal relationship, a friend may ‘give’ more than another at a certain time, but it is understood that things will equal out in the long run. If things are getting out of balance, friends can bring it to light, and resolve the issue.
- ❖ **Friends make time to have fun.** It truly is important to make time for fun events. Friends cherish time that helps their friendship grow--and try to keep the fun time issue and problem-free. Time is sometimes called the commodity of the modern day, as we have so much to do in so little time. Therefore making the time for a friend is an important rule.

- ❖ **Friends don’t expect friends to be perfect,** and are forgiving of their mistakes. This is a valuable reminder. Can you imagine having any friends, if you expected your friends to be perfect?
- ❖ **Friends are always there for you when there is a problem or crisis.** When you’re in need, friends aren’t asking ‘excessive’ questions, or finding obstacles that prevent them from helping. They find ways around the obstacles.
- ❖ **Friends will give you honest feedback, even though it’s not always what you want to hear.** We listen to friends because we value their thoughts and opinions. It takes courage and strength, but when a friend tells you something you are doing that may be harmful to you or others, we take heed.
- ❖ **Friends listen.** They’re interested in you as a person, and respect your needs. Friends aren’t planning to change you. They accept you, care about you, and value what you think and feel.

The ‘rules’ listed above are just a few personal notes. My sister recently shared something our father used to say, “If you can go through life, and can say that you have had five true friends, you will have died a rich person.” My father believed most people have acquaintances instead of friends. By keeping in mind simple guidelines, you can be a good friend and hold the handsome gift of friendship.

# FAMILY SUPPORT CENTER @ HICKAM AFB

**Bldg 1105, 449-2494 or 449-6475**

**[www.hickam.af.mil/FamSup](http://www.hickam.af.mil/FamSup)**

**BALANCING WORK AND LIFE: TIME MANAGEMENT, Nov 7, 9:00-11:00 am.** Learn to reduce personal stress by better managing your time. Acquire practical skills that will help you determine priorities, define and accomplish goals, and mobilize resources.

**DEPARTMENT OF VETERANS' AFFAIRS (VA) BENEFITS COUNSELING, Nov 6, By Appointment.** Direct from the Department of Veterans' Affairs to Hickam. A counselor will be available for individual 30-minute appointments to address questions and concerns regarding such topics as education, loans, life insurance, and disability and compensation for separating/retiring personnel.

**EMPOWERMENT THROUGH COMMUNICATION, Nov 28, 9:00-11:00 am.** Am I sure they heard what I think I said? Interpersonal communication skills and the ability to work with people often make the difference between success and failure on the job, in our homes, and in our relationships. If you want to improve your interaction with employees, co-workers, and family members, this is the class for you!

**FAMILY READINESS BRIEFING, Nov 5, 19, & 26, 1:00-2:30 pm.** Create your own Personal/Family Care Plan in advance. All AF active duty, civilian, and family members facing the possibility of a deployment or remote assignment are encouraged to attend. Learn about free phone cards, child care, and car care.

**INTERVIEWING WITH CONFIDENCE, Nov 13, 9:00-11:00 am.** Experts agree that the most critical part of the hiring process is the interview. Learn the skills and techniques to turn your apprehension into anticipation.

**KEIKI FAIR, Nov 20, 9:00-11:00 am (Community Center).** In recognition of Military Family Week, the Hickam Family Support Center is hosting a Keiki Fair. Games, crafts, and prizes will be provided for your children. Community representatives will also be present to share their resources with you and your children. Free. No registration required.

**LOOKING FOR EMPLOYMENT IN HAWAII, Nov 6 & 27, 8:30-11:00 am.** Let us help you find the job you want! Explore local employment trends, be informed on employment and education resources, and register to use the JEMS computerized job bank. Class size is limited. Registration required.

**MONEY MANAGEMENT, Nov 7, 1:00-2:00 pm.** This "hands on" class will offer the participant the opportunity to create a budget using the automated program available in the Family Support Center's Resource Center. Participants will also use the PowerPay debt management software to assist with credit management.

**NEW TO HAWAII FINANCIAL BRIEFING, Nov 28, 1:00-2:00 pm.** Designed for all E-4s and below at their second permanent duty station. This financial orientation will help you with your unique assignment to Hickam and will introduce you to the many services of the Personal Financial Management Program. Other topics include budgeting, the wise use of credit, and state and county liability laws.

Active duty members must register through their orderly room. All others, please call 449-2494.

**PLAYMORNINGS, Tuesday-Friday Sessions, Nov 1-30, 9:00-11:00 am.** Free and fun playgroups. Parents and children ages 1-5 are invited to join our early childhood specialist for age-appropriate educational and recreational activities. All sessions are held at the Youth Center skating rink. No registration required. Playmornings will not be held on Nov 9, 22, and 23.

**RESUME WRITING I, Nov 15, 1:00-3:00 pm.** The resume is the first step towards landing an interview. This class will provide you the necessary tools to make your resume competitive in today's job market.

**RESUME WRITING II, Nov 29, 1:00-3:00 pm.** You will have the opportunity to have your draft resume reviewed by other participants and FSC staff members. Resume I, TAP Workshop, or equivalent training is required prior to attending this class.

**SINGLE PARENTS ARE SPECIAL (SPARES), Nov 15, 11:00 am-12:00 pm (FSC Lanai).** This FSC-sponsored group is your opportunity to share, learn, and discuss time and stress management, developmental skills, discipline, safety, and child care. Your concerns are our concerns. Together we can find solutions!

**SMOOTH MOVE, Nov 29, 9:00-11:30 am.** Being prepared makes relocation less stressful. Subject matter experts will update you on the latest policy changes that may impact your move. All members and/or spouses are encouraged to come.

**SPONSORSHIP TRAINING, Nov 1, 9:00-10:30 am.** Be a super sponsor! As the unit's ambassador, you can make the relocation to Hawaii a very positive experience. Let us help you by giving you a one-stop shop of the necessary tools and resources needed to be successful. Recommended for all and essential for the first-time sponsor.

**TRANSITION ASSISTANCE PROGRAM (TAP) WORKSHOP, Nov 6-8, 8:00 am-4:00 pm, Daily (Chapel Annex, Bldg 500).** Join us for a smooth and successful move to a second career or to retirement. Instructors from the Departments of Labor, Defense, and Veterans' Affairs, and other community and base experts will provide information and training on the job search and other critical elements of the transition process. Spouses are highly encouraged to attend.

**VOLUNTEER ORIENTATION, Nov 1 & 15, 11:45 am-12:45 pm (American Red Cross, Bldg 1113).** Volunteers are needed and wanted on Hickam. Learn about the many volunteer opportunities within the 15th Air Base Wing, PACAF, or tenant agencies. Schedule attendance through the American Red Cross at 449-1488.

**VOLUNTEER SUPERVISORY TRAINING, Nov 14, 11:30 am-1:00 pm (American Red Cross, Bldg 1113).** Supervisors can make a difference in a volunteer's life! Learn how to hire, motivate, and reward volunteers. Call American Red Cross at 449-1488 to register.

# Keeping Healthy Knees

By  
Jessica Dung, MS

*The ISC Honolulu Work-Life Health Promotion Manager is responsible for the development and management of the regional wellness program. She educates and encourages all members of the Coast Guard family to improve their health and wellbeing through voluntary adoption of a healthier lifestyle.*

Since the Honolulu Marathon is rapidly approaching, I figured this article might be appropriate for those exercisers (and non-exercisers) who may have knee problems. James A. Peterson, PhD, a free-lance writer and consultant for the American College of Sports Medicine's Health and Fitness Journal wrote the following article. From 1990 to 1995, Dr. Peterson was director of sports medicine with Stairmaster. Until that time he was professor of physical education at the United States Military Academy.

- **Warm up and stretch before exercising.** Warming up and stretching can help the knee joint in many ways, including increasing the circulation of the blood and lymph fluid into and out of joint structures and the adjacent soft tissues and ensuring that the muscles the ligaments attendant to the knee joint are not too tight. As a result, tension on the tendons is reduced, and pressure on the knee is relieved.
- **Develop muscle balance.** Strengthen the muscles of the lower body to reduce the amount of force that goes through the knees. Make sure that you maintain an appropriate muscle balance between the quadriceps and hamstrings (i.e. a 3 to 2 strength ratio is recommended) to provide an improved level of stabilization and strength for the knee joint.
- **Avoid doing too much exercise.** Some individuals hurt their knees because of the overuse syndrome. Simply stated, cumulatively, they place excessive demand on their knees.
- **Avoid sudden increases in the intensity of exercise.** Allow your body to gradually and progressively adapt to the demands that you impose on it. Doing too much too soon can injure your knees. Keep in mind that some actions that alter intensity level are not as obvious as others. For example, changing your approach to exercising (i.e. running hills

instead of jogging on a flat terrain) may unduly increase your level of intensity.

- **Protect your feet.** Your feet (particularly how and where they strike the ground when exercising) can have a profound effect on your knees. In this regard, two of the most meaningful actions you can undertake are to wear shoes that fit properly and provide adequate cushioning, and to immediately take care of any foot problem (e.g. blisters) that occurs.
- **Vary the mode of exercise.** Using several exercise modalities keeps you from repeatedly stressing the same bones and muscle groups, thereby keeping the orthopedic stress on your knees to a minimum.
- **Be conscious of possible load forces on your knees when choosing your exercise mode.** Whenever possible, avoid engaging in an exercise modality that places unduly high impact forces on your knees (i.e. running stadium stairs, running downhill, etc.)
- **Use exercise equipment properly. Improper use of exercise equipment can cause knee problems.** For example, if you exercise on a stationary bike, check the position of the pedal crank relative to the seat post. If the crank is not relatively close to the seat post, you will place undue stress on the knees while exercising.
- **Keep your weight down.** Maintaining an appropriate level of weight can reduce the stress on your knees. Excessive weight can increase your risk of degenerative conditions, such as osteoarthritis of the knee.
- **Listen to your body.** Pain is your body's signal that you may be placing too much stress on your knees. Reducing or stopping whatever is causing the stress is the primary step in ensuring that your actions don't lead to a more serious injury.



**HAWAII DEPARTMENT OF EDUCATION JOBS AND INFORMATION FAIR**  
**THURSDAY, NOVEMBER 29, 2001, 2:00 – 4:00 PM**  
**THE HALE MOKU/HOKULANI COMMUNITY CENTER**

The Hawai'i Department of Education (DOE) Jobs and Information Fair will kick off on Thursday, November 29, 2001 at 2:00 PM at the Hale Moku/Hokulani Community Center, Building 3453, which is located just off Center Drive on Main Street in the Hale Moku Navy Housing area just outside of Pearl Harbor. Representatives will be on hand to answer questions, explain the qualifications and procedures needed to apply for positions, and hand out application forms. This is a great opportunity to talk to the DOE hiring staff and personally deliver your resume to a DOE recruiter.

The department is seeking certified teachers in all areas for the school year. Currently there are critical shortages in the areas of science, math, special education, industrial arts, school counselors, and school librarians. If you currently have a degree in a scientific area such as math, engineering, science, or physics, you may be qualified to start teaching immediately. Information and anticipated job openings will also be available for half-time teachers, part-time teachers, substitute teachers, school counselors, school librarians, educational assistants, administrative staff, school security attendants and A-Plus program staff.

Representatives from several local universities will be present to provide information for individuals who are interested in pursuing a degree in education or adding courses to a current degree to obtain a teaching certificate.

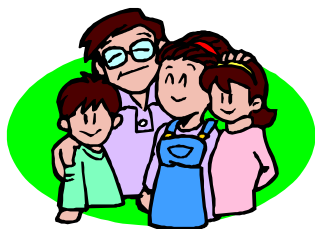
This recruitment is sponsored by the Joint Employment Management System (JEMS).

All members of the military community are welcome -- military family members, active duty personnel, DOD civilians, retirees and their family members, reservists and their family members. Please be prepared to show your military/DOD identification card. You can visit our website at [www.JEMSHawaii.com](http://www.JEMSHawaii.com) or call any one of the following centers for additional information: Pearl Harbor at 473-4222 Ext. 1, MCBH at 257-7790, Hickam at 449-2494, Coast Guard at 541-1580, and the JEMS Office at 473-0190.



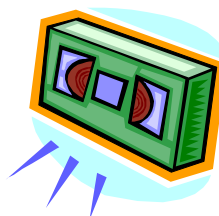
**CUTTER-TO-KIDS CONNECTION**

***Deploying Parents:*** Before deployment, come by the Work-Life Center to videotape yourself reading your child's favorite book or any special message.



***Families:*** Come by the Work-Life Center and videotape a surprise for your underway Coastie.

Call 541-1580 to set an appointment to create your personal videotape. Members are required to bring a blank VHS tape.



## **How to deal with dengue fever virus**

HONOLULU –Dengue fever has been in the local news quite a bit lately since cases have been confirmed in Hawai'i. Tripler Army Medical Center's Department of Preventive Medicine staff has put together a comprehensive fact sheet that explains what dengue fever is and how to prevent it from affecting you and your families (see fact sheet below).

People get dengue fever from the bite of a mosquito infected with a dengue virus, said Robert J. Woodrow, PhD., Tripler Army Medical Center's entomologist. (Entomology is a branch of zoology that deals with insects.)

Within two weeks of exposure, the virus can produce a sudden onset of high fever, severe headache, muscle pain, and bone pain as well as many other symptoms, he said. No vaccine exists for dengue fever and supportive therapies are the only treatment for symptoms and possible complications of the infection.

Following are preventive measures service members and their families may follow to prevent dengue fever infection, according to Col. (Dr.) Glenn Wasserman, chief of Tripler Army Medical Center's Department of Preventive Medicine:

- Avoid going outside when mosquitoes are most active, i.e., during dawn and dusk hours of the day covering-up as much as possible
- Use insect repellents on exposed skin. The most effective mosquito repellents available on the market are those containing DEET at a concentration of at least 20 percent and not exceeding 50 percent. DEET should not be used on infants; there is a product called *Skeedaddle*, which has a lower concentration of DEET and can be used on young children.
- Control mosquitoes by eliminating their breeding sources. The Asian tiger mosquito breeds in temporary water containers, such as tires, bottles and other items of trash as well as in bromeliads and other water-containing plants.
- Adult mosquitoes can be partially controlled using insecticide fogs that penetrate their hiding places.

Preventive Medicine teams will be doing education and risk assessment, Woodrow said.

In addition, service member education and personal protective measures are of utmost importance, Wasserman said, especially during training in field situations.

Schofield Barracks Health Clinics Commander Col. (Dr.) David F. Crudo has established hotlines for people with questions. For the Schofield Barracks Red Team, the number is 433-8130, and for the Blue Team it is 433-8155.

### **Dengue Fever Fact Sheet**

### **Tripler Army Medical Center's Department of Preventive Medicine**

#### ***Q. What is dengue fever?***

A. Dengue fever is also known as break-bone fever, which is a viral illness of humans often characterized by headache, severe muscle and joint pain. Globally, there are an estimated 50 to 100 million annual cases of dengue fever (DF) and several hundred thousand cases of a more severe form of the disease called dengue hemorrhagic fever (DHF).

#### ***Q. What causes dengue fever?***

A. Dengue fever is caused by a virus called dengue virus of which there are four strains called, respectively, dengue viruses 1-4

#### ***Q. What are the symptoms of dengue fever?***

A. Within 2 weeks of exposure, the virus can produce a sudden onset of high fever, severe headache, muscle pain, and bone pains as well as many other symptoms.

#### ***Q. Are there any long-term problems associated with an infection of dengue virus?***

A. No.

#### ***Q. What is the fatality rate associated with dengue fever?***

A. Dengue fever is not typically fatal but there is an unusual complication that occurs in areas with established dengue, called dengue hemorrhagic fever (DHF), which has a fatality rate of about 5% in young children.

#### ***Q. What is DHF?***

A. DHF occurs in areas of the world where multiple strains of dengue are established in the human population. An infection of one strain of dengue virus predisposes a person to DHF if they are infected with different dengue virus strain in the future. For example, if 5 years ago you were infected with dengue 1 virus and then this year you became infected with dengue 2 virus, you would have a very good chance of getting the more severe DHF. DHF is characterized by hemorrhagic manifestations which typically include accumulations of blood in various organs, blistered skin, bloody urine, and bloody vomit, rarely leading to severe liver damage and death.

***Q. Who is at greatest risk from dengue fever?***

A. The only group that is at risk from dengue fever is those who have weakened immune systems. DHF on the other hand can pose a significant hazard to children as well as to lesser extent in adults.

***Q. Is there a treatment for dengue fever?***

A. There is no specific treatment for dengue virus infection, only supportive therapies for the symptoms and possible complications of the infection.

***Q. Is there a vaccine for dengue virus?***

A. No.

***Q. How do people get dengue fever?***

A. By the bite of a mosquito (*Aedes* spp.) that is infected with a dengue virus.

***Q. How is dengue virus transmitted?***

A. A mosquito first bites a person who is carrying the dengue virus in their blood. The virus is taken into the mosquito's body where it reproduces and infects the mosquito. When the infected mosquito then bites another person the virus can be transmitted to that person.

***Q. Are there any other insects, aside from mosquitoes that can transmit dengue virus?***

A. No.

***Q. Can dengue virus be directly transmitted from person to person?***

A. No.

***Q. What can be done to stop a dengue fever outbreak?***

A. Controlling the mosquitoes that carry dengue virus is the best control against the disease. Mosquitoes that vector dengue virus include the Asian tiger mosquito, which is common throughout Hawaii particularly in wetter areas. The Asian tiger mosquitoes are primarily day-biting mosquitoes, and feed most aggressively during dawn and dusk.

***Q. What can be done to control mosquito vectors?***

A. The most effective way to control mosquitoes is to eliminate the breeding sources. The Asian tiger mosquito breeds in temporary water containers, such as tires, bottles and other items of trash as well as in bromeliads and other water-containing plants. Elimination of these sources can achieve a dramatic and sustained reduction in the numbers of mosquitoes. Adult mosquitoes can also be controlled using insecticide fogs that penetrate their hiding places.

***Q. Does dengue fever occur in Hawaii?***

A. Dengue fever is currently established in Hawaii and, yes, there have been widespread outbreaks in Hawaii as late as the 1940s. Subsequent widespread mosquito control operations eliminated the disease by the early 1950s. We do not have any cases of hemorrhagic dengue fever as of this date (Oct. 5, 2001) in the state. There are a few cases of dengue fever in Hawaii every year, usually in people who have traveled outside of Hawaii into areas with established dengue fever.

***Q. What is being done to deal with possible introductions of dengue fever into Hawaii?***

A. TAMC Preventive Medicine is tracking all possible cases of dengue fever that are in the U.S. military population. If a case of dengue fever is detected, a team will go out into the areas where the infected person resides and they will do education and mosquito control.

***Q. What measures can I take to protect my family and myself from dengue virus infection?***

A. The most effective means of personal protection is to avoid going outside when mosquitoes are most active, i.e., during dawn, dusk hours of the day. If you must be outside, cover-up as much as possible and use insect repellents on exposed skin. The most effective mosquito repellents available on the market are those containing DEET at a concentration of at least 20% and not exceeding 50%. Do not use DEET on infants.

***Q. There a number of insect repellents on the market besides DEET, which of them is safe and effective?***

A. Vitamins, herbal mixtures, ultrasonic devices, and bath oils are not effective at repelling mosquitoes. Use only those products that are EPA approved.

***Q. Where can I get more information on dengue fever?***

A. Call the TAMC Medical Entomologist at (808) 433-6693.

**Tripler Army Medical Center News Release Number 00-129**

**Contact: Tripler Public Affairs Office, 808-433-5785**

## ANTHRAX VIRUS: QUESTIONS & ANSWERS

The recent anthrax-related death and ongoing investigation have many asking about anthrax-- what is it and what do I need to do to protect my family and myself? Information from the Centers for Disease Control and Prevention says that anthrax is an acute infectious disease caused by the spore-forming bacterium *Bacillus anthracis*. Anthrax most commonly occurs in hoofed mammals and can also infect humans.

Symptoms of disease vary depending on how the disease was contracted, but usually occur within seven days after exposure. The serious forms of human anthrax are inhalation anthrax, cutaneous (skin) anthrax, and intestinal anthrax. Initial symptoms of inhalation anthrax infection may resemble a common cold. After several days, the symptoms may progress to severe breathing problems and shock. Inhalation anthrax is often fatal.

In its most common form, anthrax is a skin disease that causes skin ulcers at the bacterium enters the skin. Up to 20 percent of these cases are fatal if left untreated. The intestinal form of anthrax may follow the consumption of contaminated food and is characterized by an acute inflammation of the intestinal tract. Initial signs of nausea, loss of appetite, vomiting, and fever are followed by abdominal pain, vomiting of blood, and severe diarrhea.

Direct person-to-person spread of anthrax is extremely unlikely, if it occurs at all. Therefore, there is no need to immunize or treat contacts of persons ill with anthrax, such as household contacts, friends, or coworkers, unless they were also exposed to the same source of infection.

In persons exposed to anthrax, infection can be prevented by antibiotic treatment. Early treatment of anthrax is essential - delay lessens chances for survival. Anthrax usually is susceptible to penicillin, doxycycline, and fluoroquinolones. An anthrax vaccine also can prevent infection. Vaccination against anthrax is not recommended for the general public to prevent disease and is not available.

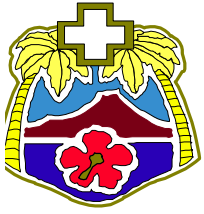
We continue to hear stories of the public buying gas masks and hoarding medicine in anticipation of a possible bioterrorist or chemical attack. Officials at the CDC do not recommend either. Local and state health departments are primed to investigate possible cases of anthrax and will inform the public about the actions individuals need to take.

To learn more about anthrax, visit the CDC's web site at  
[http://www.cdc.gov/ncidod/dbmd/diseaseinfo/anthrax\\_g.htm](http://www.cdc.gov/ncidod/dbmd/diseaseinfo/anthrax_g.htm)

or the DoD web site at  
<http://www.anthrax.osd.mil/> or call 1-800-438-8222.

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SOURCE: DeploymentLink web site at <http://deploymentlink.osd.mil/>



## **Tripler Army Medical Center News Release**

# **New mothers can give gift of life a second time**

**Staff Sgt. Michelle J. Rowan**

**Tripler Army Medical Center Public Affairs Office**

Mothers-to-be who are set to give birth at Tripler Army Medical Center now have the choice to possibly give the gift of life a second time by donating their babies' umbilical cord blood to the Hawaii Cord Blood Bank (HCBB). Tripler, which has the second highest delivery rate in the state, joined other medical facilities across the state earlier this year when it began offering the opportunity to expectant mothers.

Cord blood, which is collected from the umbilical cord and placenta after the baby is delivered, is rich in stem cells that can be used to replace the blood cells of someone who needs a bone marrow transplant due to illnesses such as cancer, leukemia or other blood-related disorders. "Stem cells are what bone marrow is really high in so you can use umbilical cord blood in place of using bone marrow," said Lt. Col. Peter Look, nursing director of Tripler's Obstetrics and Gynecology (OB/GYN) Product Line. He added that umbilical cord blood donation also has several advantages over bone marrow donation.

Unlike bone marrow, cord blood doesn't have to be matched quite as closely as bone marrow, and the collection procedure is much simpler, Look said. "Many people back out of donating bone marrow because they are unsure of the collection process," Look said. "With the cord blood donation, the collection occurs after delivery right before the umbilical cord is discarded. It's doesn't cause any discomfort to the mother or baby."

Sgt. TaShauna Ruiz, a licensed practical nurse on Tripler's General and Plastic Surgery Ward, became Tripler's first participant in the cord blood donor program when she gave birth to her daughter, Natalie, July 2. "I really didn't have to think twice about it," said Ruiz, who used to work on a labor and delivery ward. "All they're going to do is throw it (the umbilical cord blood) away anyway." Ruiz, who lost an uncle to leukemia, said the donation wasn't a hassle and hopes more people consider donating their child's cord blood. "You never know; that blood might help save someone's life some day," she said.

Expectant mothers are now informed about the opportunity to donate during a visit to Tripler's Obstetrics Clinic. A pamphlet is distributed with basic information on blood bank and collection procedure. If interested, the mother-to-be contacts the Hawaii Cord Blood Bank to see if she is eligible. If eligible, the HCBB gives the expectant mother a packet to bring with her to the hospital when she goes into labor. The cord blood is collected after the baby has been delivered.

Look said the HCBB is similar to a regular blood bank in that the donated cord blood can be used for anyone who matches it. In fact, all HCBB donations are processed and stored at the Puget Sound Blood Center in Seattle, which makes the donations available internationally as well as to anyone in the United States.

For more information about umbilical cord blood donations, call the Hawaii Cord Blood Bank at 983-2265 or visit [www.HCBB.org](http://www.HCBB.org).

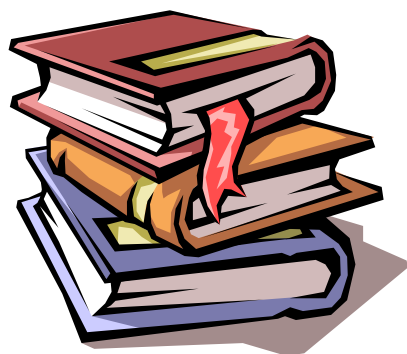
**Contact: Tripler Public Affairs Office, 808-433-5785  
Release Number 01-115**

## 2002 SCHOLARSHIPS FOR MILITARY CHILDREN ANNOUNCED



Applications for the second annual Defense Commissary Agency/Fisher House Foundation Scholarships for Military Children Program will be available beginning November 1 at local base commissaries and for download at [www.commissaries.com](http://www.commissaries.com). **Qualified sons and daughters of U.S.military ID card holders, include active duty service members, retirees, and Guard/reserves, may apply for the \$1,500 scholarships.** Eligibility of applicants, including survivors of deceased members, will be determined using the DoD ID Card Directive.

The deadline for filing applications is February 5, 2002. Student eligibility will be verified through the Defense Enrollment and Eligibility Reporting System (DEERS) before scholarships are awarded. Sponsors should ensure that their children are enrolled in DEERS prior to applying for a scholarship. The Fisher House Foundation is administering the Scholarships for Military Children program through a professional scholarship evaluation company. A permanent information page for the Scholarships for Military Children Program has been added to [www.commissaries.com](http://www.commissaries.com). Look for the link under "What's New."



Additional information on scholarships for military personnel and their dependants can be found at Military.com's Education resource. In addition to a scholarship search, those interested in pursuing both undergraduate and graduate degrees can find veteran-friendly schools and request free information on classroom and online programs. For more information, go to

<http://www.military.com/Careers/Education/1,112,00.html?ESRC=mr.nl>



## **EAP**

*Employee Assistance Program*

### **COPING WITH THE THREAT OF ANTHRAX**

#### **RANGE OF NORMAL REACTIONS**

- Everyone will have a reaction to the current events. Be aware that your reactions belong to you – there is no “right” or “good” way to react.
- Some of the normal feeling and reactions you may experience include, but are not limited to:

Numbness	Helplessness	Fearfulness
Frustration	Anger	Worry
Sadness	Preoccupation	Curiosity
Irritability	Uncertainty	“Hyperness”
No Apparent Reaction	Confusion	
- Some people will find little impact in their personal and work life, others may find a substantial impact in one or both

#### **WHAT CAN I DO TO COPE?**

1. As always, try to maintain healthy habits – eating and sleeping well, minimizing use of alcohol or other non-prescribed mood altering substances, continue routine activity including recreation, exercise and social activity.
2. Balance your intake of news and information with normal activity. Take a break from the TV, radio and newspaper coverage, particularly if you are finding yourself feeling unusually tired, anxious, fearful, sad, angry, irritable, or helpless.
3. Attend to safety instructions from reliable sources – health officials, school or workplace safety officials.
4. If you have specific questions or concerns find a reliable resource and seek out information.
5. Take care to exercise patience and understanding with yourself and others – give yourself and others a bit of “slack” in this challenging and uncertain time.
6. Check in periodically with yourself and others close to you (family, friends, co-worker and supervisors) – find ways to seek and offer support to one another.
7. Make well thought out decisions – be mindful of the potential for rash action – talk to others before acting on matters of importance. Don’t be afraid to retract and correct a statement or action that might have been impulsive.

**IF YOU ARE CONCERNED ABOUT THE WAY YOU ARE REACTING,  
CONSULT WITH YOUR FOH EAP BY CALLING 1-800-222-0364  
(TTY 1-888-262-7848)**

The FOH EAP has both information and resources that can help you understand and cope with the normal emotional and physical reactions that all of us are subject to when exposed to stressful situations.